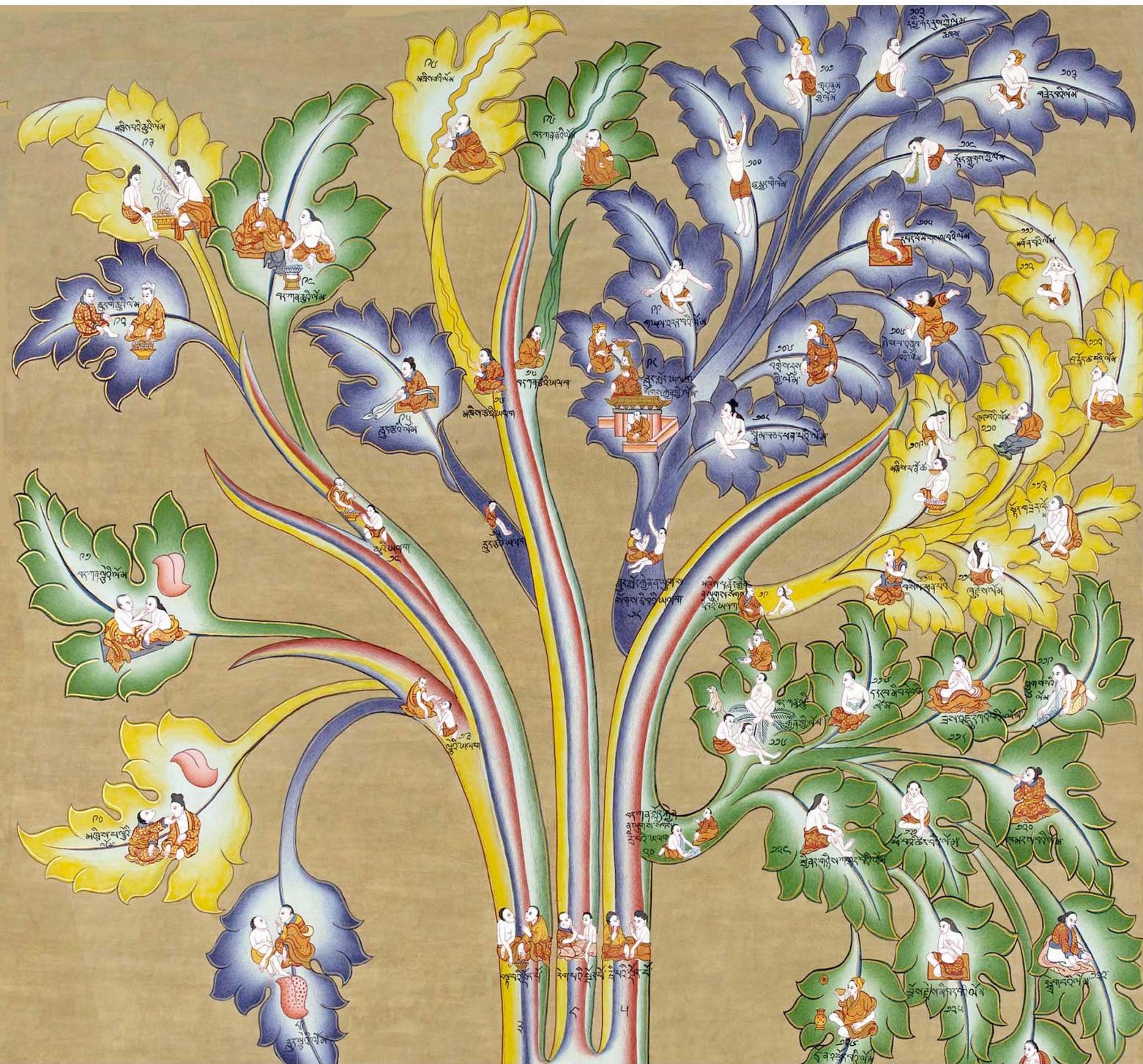


# Traditional Tibetan Medicine

Treatment by

Dr. Amchi Khedup Loden Gurung (TTM)





## Traditional Tibetan Medicine (TTM)

Traditional Tibetan Medicine (TTM) is the "science of healing" that views the body as a complete system of energy. This holistic healing system has been refined over thousands of years and seeks to create profound balance within the body and mind.

Health is understood as a harmonious balance of three primary energies, or nyepas:

- \* **Lung** (movement)
- \* **Tripa** (heat/metabolism)
- \* **Bekhen** (fluid/structure)

Illness arises when this delicate balance is disturbed by factors like diet, lifestyle, environment, and mental state. The goal of a TTM practitioner is to identify the root of this imbalance and guide you back to your natural state of wellbeing. This is a profound and gentle path to wellness that helps with a wide range of chronic conditions, stress and digestive issues. Gain deep insight into your health and receive a personalized plan to restore your vitality.

## What to Expect in Your Two-Hour Consultation

Your session is a comprehensive and gentle exploration of your unique constitution.

Your consultation will include:

**\* Pulse Analysis:**

By gently touching the radial arteries on your wrists, a skilled Amchi can read the subtle state of your internal organs and energy systems.

**\* Urinalysis:**

A visual examination of a urine sample (first morning sample is often preferred) reveals deep information about your body's inner-workings.

**\* In-Depth Discussion:**

A compassionate and thorough conversation about your diet, lifestyle, emotional state, and health concerns.

**\* Personalized Treatment Plan:**

Based on this complete diagnosis, Amchi will create a holistic plan to restore balance.

This is a unique opportunity to gain profound insight into your health and receive guidance from a genuine master of this timeless tradition. Restore your balance, revitalize your energy, and empower your journey to wellness.

For more information and bookings,  
please visit [agapecrete.com/program/](http://agapecrete.com/program/) or contact [events@agapecrete.com](mailto:events@agapecrete.com)



## Possible Treatments

Based on your unique needs, Amchi may provide treatments or prescribe therapies from the vast Sowa Rigpa tradition. These may include:

- \* **Tibetan Herbal Medicine:** Amchi is bringing a supply of authentic, traditionally prepared herbal remedies from the Himalayas. These multi-ingredient formulas are designed to gently restore balance to the body's energies.
- \* **Moxibustion (or "Moxa"):** A deeply warming therapy that involves safely burning a cone of dried mugwort herb on specific points of the body to infuse warmth, dispel cold, and invigorate energy.
- \* **Hormey (Mongolian Compress):** A soothing treatment where small herbal compresses, dipped in warm oil, are applied to specific points to calm disturbed Lung energy, reduce anxiety, and promote deep relaxation.
- \* **Cupping:** The use of suction cups on the skin to draw out stagnation, improve circulation, and release muscle tension.
- \* **Golden Needle Therapy:** An advanced technique where a special golden needle is gently heated and applied to specific points, often used for chronic conditions or joint pain.

## About the Practitioner

### Amchi (Dr.) Khedup Loden Gurung

Amchi (Dr.) Khedup Loden Gurung is a highly accomplished doctor of Traditional Tibetan Medicine (Sowa Rigpa) from the Bön lineage. He brings not only deep medical and diagnostic knowledge but also a compassionate presence to his practice, offering a rare opportunity to experience this authentic healing art.

He is widely regarded as a highly accomplished doctor, treating around 300 patients per month in the Mustang Valley in the Nepalese Himalayas, with people traveling from far-away regions to receive treatment from him.

(Note: "Amchi" is the Tibetan word for doctor. The "-la" suffix is often added, as in "Amchi-la," as a term of warmth and respect, meaning "Respected Doctor.")



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## The Location - Agape Crete

Agape Crete is a spiritual community in the mountains of southeastern Crete.

### Our Vision:

- \* To offer advanced spiritual teachings, particularly in Bön, Shaivism, and Native American traditions, as well as other spiritual paths
- \* To practice and promote regenerative agriculture and agroforestry, especially the reforestation of the Vachos Valley and the restoration of water cycles
- \* To provide healing through alternative methods, especially where conventional medicine does not address root causes

Our seminar center is located in Amiras, at 700 meters altitude, with beautiful views of both mountains and sea. Numerous beaches - most of them completely empty - can be reached within 20 minutes by car.

This is still the authentic Crete, unspoiled by tourism and the rush of modern life.

## Housing and Food

Housing: various options, from €15 to €120 per day

Meals (optional): €35 per day (full board)

## Logistics and Costs

Closest airport: Heraklion (approx. 1 hour drive)

Airport pickup available, or car rental directly at the airport

Cost for a 2-hour treatment: €150 per person



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